

POLIO



POST

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February 2025

Executive Members 2025/2026

President: Carole Tiefenbach

Programs: Kathryn Harper

Treasurer: Donna Remillard

Fund Raising: Doug Mihalyk

Fire Safety/Privacy: Dolores Horobetz

Newsletter: Cheryl Currie

Directors: Len Baydack Linda Wilkins

Secretary: Wilf Tiefenbach

Vice President/Publicity: Don Lavallee

Past President: Wes Hazlitt

Membership: Clare Simpson

Phoning: Christine Portelance

Newsletter Layout: George Tataryn

You may visit our website at www.postpolionetwork.ca or email us at postpolionetwork@gmail.com



BUY CANADIAN

If you wish to buy Canadian products during the USA/Canada trade war due to President Trump's 25% tariff on Canadian products, you can find information at the following:

1. Go to the following site: www.madeincanadadirectory.ca

Scroll to 'Products Made in Canada' and chose the area interested in, i.e. food, auto etc.

2. Go to www.canada.ca to see what American products that will have Canadian tariffs. Scroll down to Features, then scroll down to Canada's response to US Tariffs. Find "\$30 billion in goods" and enter to find the "What is Canada's plan in response to U.S. tariffs" and find a comprehensive list.

Presidents Report February, 2025

Greetings to all of our Post-Polio Network Manitoba friends!

Welcome to the New Year of 2025!

We extend our sincere condolences to all who have lost a precious family member, friend or a loved one. It is a difficult time when we lose a loved one.

The only consolation I have to offer is that they are now pain free and in a much better place. That's my story & I'm stickin' to it!

I would like to take this opportunity to thank our hard working executive for everything they do.

Thank you to Cheryl Currie, for putting together an interesting newsletter. I'm sure that is not an easy job trying to get some input from members & also the community.

Thank you to Donna Remillard, as treasurer, looking after the writing out of the cheques to pay for our meals & venue & all the many things that treasurers have to do.

Thank you to Doug Mihalyk! He is a diehard fundraising guy! He has raised a lot of money for our Club with the Blue Bomber tickets! I think he could sell manure (to be nice), to a farmer! May God continue to bless all farmers on this earth!

Thank you to Christine Portelance, for her diligence in co-ordination on taking care of all the phoners & getting their reports! Your job is vital to the organization! So many people benefit from the phoners, checking in to see if all is okay!

Thank you to Dolores Horobetz, for looking after the Fire & Safety, plus all your constant help you have given Wilf & I since we came on board! You have been amazing.

Thank you to Kathryn Harper as you reach out to the community to get speakers for our meetings & gather great, important information for us all to enjoy! You are a tremendous help!

And last, but not least, by any means, Thank you to our own Don Lavalley, as our Vice President, whom we can lean on for even more help when needed!

Thank you all, for everything you do, to make this Club alive & well!

As I write this up, I am also packing up for our long lovely road trip to Kissimmee, Florida! It is a 30 hour trip but very enjoyable ONCE THE VAN IS LOADED! Up until then, it's rather chaos getting it all put together to fit in the van. I guess we will do this until we can't anymore. It's worth the drive!

We shall see you all at the AGM meeting on March 25th, 2025

MEALS ON WHEELS

Excerpt with permission from <https://www.mealswinnipeg.com/get-meals>

Meals on Wheels deliver hot dinners, bag lunches and frozen meals straight to your door. We partner with the Winnipeg Regional Health Authority (WRHA) and independent care facilities to serve nutritious meals. Our dedicated volunteers deliver direct to homes and apartments across Winnipeg. Other programs across Manitoba vary in cost, delivery days and eligibility. As such, please check with the program in your area before making any decision on selecting the home delivery or congregate program that is right for you.

Special Diets

All menus are planned under the supervision of a Registered Dietitian in accordance with Canada's Food Guide. We can accommodate many special diets, including low sodium, low fat, diabetic and renal diets, as well as meals requiring special textures.

New clients must pay a non-refundable \$25 set-up fee and prepay for 10 meals. Statements are mailed at the beginning of each month for meals delivered during the previous month. Examples of cost: **Standard Hot Meal:** \$6.50 **Frozen Meals:** 5 for \$22.00. Payment can be made by cash, cheque, money order or preauthorized debit. New clients can also use VISA and Mastercard to pay for the initial set-up.

Our team of dedicated volunteer drivers and servers deliver meals between 11 a.m. and 1 p.m. On weekdays (including holidays), they travel across the city. On weekends, they deliver to select areas only. Unfortunately, we are unable to guarantee specific delivery times, and poor weather or driving conditions may occasionally delay meals

Contact Information: 174 Hargrave Street, Winnipeg, Manitoba R3C 3N2 info@mealswinnipeg.com Ph: (204) 956-7711

COMMERCIAL MEAL DELIVERY SERVICES

There are commercial for profit food services available in Winnipeg. Food, delivery service charges vary with each service; many with minimum quantities; many with meals for dietary restrictions. Below are a few available in Winnipeg:

Prairie Box or 204 Meal Prep	204 488 9927	Food for Thought	204 772-3663
Inspiration Go	inspirationgo.ca	OTGmeal Prep	204 475-0505
Supper Central	204 290-0909		

CONGREGATE MEAL PROGRAMS

Congregate meal programs offer the opportunity to enjoy well-balanced affordable meals in a social setting. Individuals are encouraged to participate in planning, cooking meals, setting tables and helping with clean up. Hot nutritious meals are offered three to five days per week in a group setting, such as an apartment block or senior centre. Meals are very reasonably priced. The following are some of the locations in Winnipeg. For more locations and areas outside of Winnipeg: 1. Go to 211 website: mb.211.ca>results or 2. Telephone 204 284-2881 for information.

NAME	ADDRESS	TELEPHONE NO.
64 Nassau Meal Program	84 Nassau St.	204-452-8758
ArlingtonHaus	880 Arlington St.	204-783-0241
Bethel Place	445 Stafford St.	204-284-3762
EK Active Community Program	180 Poplar Ave.	204-669-1710
Fort Garry Rotary Villa	528 Hudson St.	204-284-7228
Metropolitan Kiwanis Courts	2300 Ness Ave.	204-885-7700
Place des Meurons	400 des Meurons St.	204-233-5337
Transcona Council for Seniors	209 Yale Ave. W.	204-222-9879
St. James-Assiniboia	203 Duffield St.	204-987-8850
Villa Cabrini	433 River Ave.	204-284-2880
NorWest Co-op Food Centre	61 Tyndall Ave.	204-615-3117

Employment and Social Development Canada

NEWS RELEASE: Three projects in Manitoba to help more Seniors Age at Home

Excerpt from: www.canada.ca/en/employment-social-development/news/ February 10, 2025 Winnipeg, Manitoba Employment and Social Development Canada

Every senior should be able to age safely, healthily and with dignity, with the option to do so at home and in their community. To help with this, the Government of Canada developed the Age Well at Home initiative, which supports community groups in trying new ideas, expanding successful ones, and recruiting, volunteers to assist seniors in aging at home.

Today, Canada's Minister of Seniors, Joanne Thompson, announced \$1.57 million in funding for three pilot projects in Manitoba. The Minister was joined by Kevin Lamoureux, Member of Parliament for Winnipeg North and Ben Carr, Member of Parliament for Winnipeg South Centre. These projects mobilize volunteers to help low-income and otherwise vulnerable seniors in their homes. They were selected after an open call for proposals under the Age Well at Home initiative's In-Home Support Pilot Project stream.

The North Point Douglas Seniors Association in Winnipeg is receiving up to \$470,417 for their Seniors Life Quality Project. The project allows inner city seniors living independently to improve their quality of life through friendly visits, light housekeeping and home maintenance. The Manitoba Métis Federation in Winnipeg is receiving up to \$799,226 for their project Seniors and Elders Empowered Through Delivery of Groceries and Wellness Checks. And, the Living Independence for Elders, Inc. in Ashern is receiving up to \$300,000 for their project Giving Back to Our Seniors.

Upcoming Events

1. March 25th, 2025 General Meeting

DATE: **March 25th**, 2025

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

TOPIC: Annual General Meeting

TELE: 204 975 3037

EMAIL: postpoliotionetwork@gmail.com

2. April 29th, 2025 General Meeting

DATE: **April 29th**, 2025

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

Presentation By: Community Therapy Services

Speakers: Allanna, a P.T, and Gord, an OT

TELE: 204 975 3037

EMAIL: postpoliotionetwork@gmail.com

3. May 27th, 2025 General Meeting

DATE: **May 27th**, 2025

LOCATION: Caboto Centre

1055 Wilkes Ave; WPG

TIME: 12:00 p.m. – 2:30 p.m.

TOPIC: Frauds & Scamss

Speaker: Winnipeg Police Services

TELE: 204 975 3037

EMAIL: postpoliotionetwork@gmail.com

PASSAGES



Our condolences to family and friends of Mildred Schroeder who passed away in July 2024.

Members Page

Manitoba Association of Senior Communities GET CONNECTED -
JOIN A CENTRE! Stay Active - Stay Connected

www.manitobaseniorcommunities.ca

GREY CUP POOL WINNERS

Thank you to all the persons who support our fundraising by donating to our Grey Cup Pool ticket sales. In no particular order the following were the winners:

M. VanBuskirk, D. Desrosiers, G. Sabourin, T. Stuart, N. Luhowy, S. Warkentin, M. Diller, F. Hildebrand,

K. Harper, V. Cranswick, R. Boisvert, L. Wilkins, A. Wiebe, P. Miller, G. Lacroix, F. Suter, R. Woodward, N. Chapil, D. Benson

Some of the Things Our Parents Taught Us

Religion. “You better pray that will come out of the carpet.”

Time Travel. “If you don’t straighten up, I’m going to knock you into the middle of next week.”

Logic. “Because I said so, that’s why.”

Foresight. “Make sure you wear clean underwear, in case you are in an accident.”

Irony. “Keep crying, and I’ll give you something to cry about

Stamina. “You’ll sit there until you finish your supper.”

Members Information/Application 2024



PLEASE ADVISE OF ANY CHANGE OF ADDRESS, TELEPHONE or EMAIL.. THANK YOU

Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____

Telephone: _____ E-mail: _____

I wish to make a charitable donation of \$ _____

(Tax deductible receipt will be issued for donations over \$10.00.)

Please make cheque payable to: Post- Polio Network Mb. Inc.

Your NEWSLETTER delivery preference by: _____mail or _____email

Please mail this application form and cheque to:

*Post-Polio Network MB Inc.
c/o Manitoba Possible
Community Inclusion and Support Services
825 Sherbrook St.
Winnipeg. Mb. R3A 1M5*

For further information please phone 204-975-3037

Signature *Date*

Note: as of April 27th, 2023 membership fees to PPN have been waived

Post-Polio Network's Privacy Policy

The Post-Polio Network (Manitoba) Inc. respects your privacy. We protect your personal information and adhere to all legislative requirements with respect to protecting privacy. We do not rent, sell or trade our mailing lists. The information provided will be used to deliver services and to keep you informed and up to date on the activities of the Post-Polio Network (Manitoba) Inc.

You may visit our website at: www.postpolionetwork.ca or email us at postpolionetwork@gmail.com

If at any time you wish to opt out of any services, simply contact us by phone (204-975-3037) or write us at 825 Sherbrook St., Wpg. Mb. R3A 1M5 and we will gladly accommodate your request.